



Tackyvondo

Tae = Kick and foot techniques Kwon = Hand for blocking or punching
Do = Art

Adults and children (5 years of age & up) are invited to enroll in this GREAT AND EXCITING PROGRAM that helps develop discipline, self confidence and fun for all! All classes taught by 3rd Degree Black Belt Senior Instructor Joe Curtis!!

Mondays, Tuesdays, Wednesdays, and Thursdays from 6:00-7:00 p.m.

- Free Trial Lessons!
- No Contracts!
- Please stop by any class to pick up your Welcome
 Packet for more details about the program and pricing

Benefits of Taekwondo include:

- Training in self-defense
- Knowledge in kicking and punching techniques while displaying speed and accuracy

- Body conditioning, mind concentration, and personal self control
- Increased self confidence, which can lead to enhanced performance in school, careers, and other sports

Senior Instructor Joe Curtis is a 3rd Degree Black Belt, two-time National Champion, four-time State Champion, student in Brazilian Jujitsu and Goju-Shorei Karate, Class 'A' AAU Certified Official, Instructor and Coach for over a dozen State and National Champions and has close to two decades worth of experience in youth/adult instruction, coaching and personal training (AAU, Pop Warner, and YMCA). Contact Tri-Balance Martial Arts at 321-300-6222 or TriBalanceMA@gmail.com.

Sylvan Lake Park (407) 665-2180

845 Lake Markham Road, Sanford, FL 32771 • Open M-F from 8 a.m. to 10 p.m., Sat and Sun from 8 a.m. to 8 p.m.

www.seminolecountyfl.gov/parks



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www.seminolecountyfl/leisure